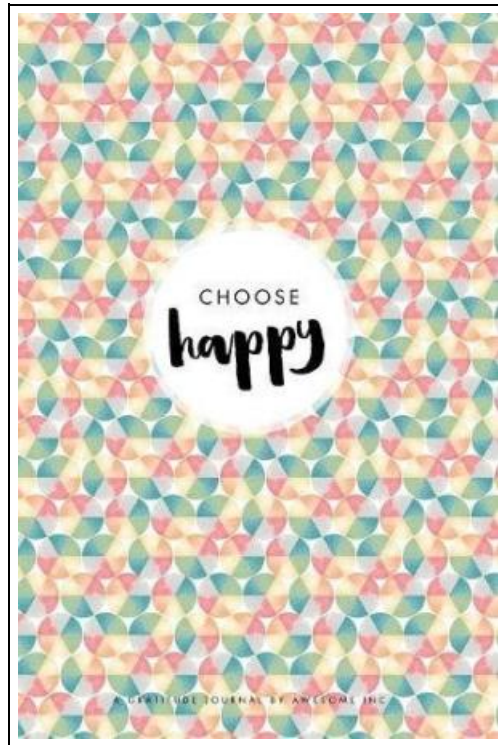


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La Donna Moderna, New Zealand, 2016. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This hardcover A5 journal with 192 pages, is perfect for your child aged from around 8 years + On each day there is a space to enter three things they are grateful for. Research shows that practicing gratitude increases levels of happiness as well as having a positive impact on your health and well-being. Teaching our children from a young age to look for the good each day, is teaching them a way to be happy no matter the situation they may be in. There are always things that we can be grateful for. Also included is a happiness scale which can be coloured in each day and is a great way for parents to flick through the pages to check their kids are doing OK. If it is low a lot maybe have a chat about why they are feeling unhappy. There are also some happiness tips to help you on your way to a happier life. Colouring-in has shown to be a great way to practice mindfulness so we have included beautiful hand drawn colouring pages which have positive affirmations included to help boost their self esteem. Purchasing a gratitude journal for your child is such an amazing gift, that could help create a life of happiness for your child, simply by teaching them to change their thoughts and change their perspective each day. What more could any of us want than a happy child?.



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